

USDA Nutrient Database for Standard Reference, Release 14

Energy (Kcal) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	1180.66
01095	Milk, canned, condensed, sweetened	306	1 cup	982.26
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	948.60
19087	Sweets, candies, confectioner's coating, white	170	1 cup	916.30
19080	Candies, semisweet chocolate	168	1 cup	804.72
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	706.64
20005	Barley, pearled, raw	200	1 cup	704.00
20046	Rice, white, long-grain, parboiled, dry, enriched	185	1 cup	686.35
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	675.25
20028	Couscous, dry	173	1 cup	650.48
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	647.64
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	608.40
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	583.68
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	581.40
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	577.98
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	576.20
19061	Snacks, trail mix, tropical	140	1 cup	569.80
21082	Fast foods, taco, beef	263	1 large	568.08
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	562.83
20068	Tapioca, pearl, dry	152	1 cup	544.16
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	540.14
18031	Bread, indian (navajo) fry	160	10-1/2" bread	526.40
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	523.38
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	519.68
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	515.06
21024	Fast foods, french toast sticks	141	5 sticks	513.24
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	512.30
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	505.08
18325	Pie, pecan, prepared from recipe	122	1 piece	502.64
20084	Wheat flour, white, cake, enriched	137	1 cup	495.94
20083	Wheat flour, white, bread, enriched	137	1 cup	494.57
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	489.90
09087	Dates, domestic, natural and dry	178	1 cup	489.50
18309	Pie, cherry, prepared from recipe	180	1 piece	486.00
22906	Chicken pot pie, frozen entree	217	1 small pie	483.91
20012	Bulgur, dry	140	1 cup	478.80
01164	Cheese sauce, prepared from recipe	243	1 cup	478.71
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	465.93
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	460.80
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	460.25

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21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	458.28
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	457.25
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	456.00
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	455.00
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	454.28
18324	Pie, pecan, commercially prepared	113	1 piece	452.00
21043	Fast foods, clams, breaded and fried	115	3/4 cup	450.80
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	444.21
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	442.50
20020	Cornmeal, whole-grain, yellow	122	1 cup	441.64
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	440.40
09298	Raisins, seedless	145	1 cup	435.00
01036	Cheese, ricotta, whole milk	246	1 cup	428.04
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	424.56
14346	Shake, fast food, chocolate	333	16 fl oz	422.91
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	416.66
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	412.80
18302	Pie, apple, prepared from recipe	155	1 piece	410.75
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	410.40
20080	Wheat flour, whole-grain	120	1 cup	406.80
18444	Pie, fried pies, cherry	128	1 pie	404.48
18319	Pie, fried pies, fruit	128	1 pie	404.48
20011	Buckwheat flour, whole-groat	120	1 cup	402.00
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	398.72
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	386.64
15128	Finfish, tuna salad	205	1 cup	383.35
14347	Shake, fast food, vanilla	333	16 fl oz	369.63
21082	Fast foods, taco, beef	171	1 small	369.36
16008	Beans, baked, canned, with franks	259	1 cup	367.78
06166	Sauce, homemade, white, medium	250	1 cup	367.50
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	366.85
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	364.00
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	361.95
18306	Pie, blueberry, prepared from recipe	147	1 piece	360.15
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	357.54
11414	Potato salad, home-prepared	250	1 cup	357.50
01110	Milk shakes, thick chocolate	300	10.6 fl oz	357.00
21023	Breakfast items, french toast with butter	135	2 slices	356.40
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	355.32
21015	Fast foods, danish pastry, cheese	91	1 pastry	353.08
01111	Milk shakes, thick vanilla	313	11 fl oz	350.56

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12167	Nuts, chestnuts, european, roasted	143	1 cup	350.35
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	346.11
21078	Fast foods, nachos, with cheese	113	6-8 nachos	345.78
18310	Pie, chocolate creme, commercially prepared	113	1 piece	343.52
01057	Eggnog	254	1 cup	342.90
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	340.10
01037	Cheese, ricotta, part skim milk	246	1 cup	339.48
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	338.67
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	337.68
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	337.45
15086	Finfish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	334.80
21017	Fast foods, danish pastry, fruit	94	1 pastry	334.64
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	333.00
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	331.80
11370	Potatoes, hashed brown, home-prepared	156	1 cup	326.04
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	323.40
21074	Fast foods, enchilada, with cheese	163	1 enchilada	319.48
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	319.26
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	319.06
18327	Pie, pumpkin, prepared from recipe	155	1 piece	316.20
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	314.50
16051	Beans, white, mature seeds, canned	262	1 cup	306.54
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	305.15
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	304.30
18308	Pie, cherry, commercially prepared	117	1 piece	304.20
18320	Pie, lemon meringue, commercially prepared	113	1 piece	302.84
09125	Grapefruit juice, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	302.22
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	297.56
21119	Fast foods, hotdog, with chili	114	1 sandwich	296.40
18031	Bread, indian (navajo) fry	90	5" bread	296.10
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	294.93
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	294.10
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	293.25
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	290.70
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	289.07
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	285.64
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	285.60
21033	Fast foods, sundae, hot fudge	158	1 sundae	284.40
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	280.83

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01013	Cheese, cottage, creamed, with fruit	226	1 cup	280.24
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	279.65
21083	Fast foods, taco salad	198	1-1/2 cups	279.18
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	278.40
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	277.29
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	275.56
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	273.60
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	273.03
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	272.42
18305	Pie, blueberry, commercially prepared	117	1 piece	271.44
18316	Pie, coconut custard, commercially prepared	104	1 piece	270.40
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	268.96
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	268.60
19143	Candies, HERSHEY, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	267.05
18245	Danish pastry, cheese	71	1 danish	265.54
09292	Prunes, dried, stewed, without added sugar	248	1 cup	265.36
18139	Cake, white, prepared from recipe without frosting	74	1 piece	264.18
18116	Cake, gingerbread, prepared from recipe	74	1 piece	263.44
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	263.41
18104	Coffee cake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	263.34
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	262.00
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	259.56
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	258.44
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	258.03
09306	Raspberries, frozen, red, sweetened	250	1 cup	257.50
18147	Cheesecake commercially prepared	80	1 piece	256.80
21129	Fast foods, hush puppies	78	5 pieces	256.62
21042	Fast foods, chili con carne	253	1 cup	255.53
22904	Chili con carne with beans, canned entree	222	1 cup	255.30
22401	HEALTHY CHOICE Spaghetti Bolognese, frozen entree	283	1 package	254.70
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	254.10
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	253.80
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	252.39
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	251.60
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	247.94
18003	Bagels, egg	89	4" bagel	247.42
13312	Beef, ground, regular, cooked, broiled, medium	85	3 oz	245.65
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	245.00

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09320	Strawberries, frozen, sweetened, sliced	255	1 cup	244.80
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	244.75
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	244.20
18005	Bagels, cinnamon-raisin	89	4" bagel	243.86
19150	Candies, HERSHEY, REESE'S Peanut Butter Cups	45	1 package (contains 2)	243.45
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	242.56
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	242.15
21118	Fast foods, hotdog, plain	98	1 sandwich	242.06
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	241.80
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	238.72
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	238.22
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	238.00
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter add	210	1 cup	237.30
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	237.15
20113	Noodles, chinese, chow mein	45	1 cup	237.15
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	236.88
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	236.22
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	235.45
09250	Peaches, frozen, sliced, sweetened	250	1 cup	235.00
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	234.88
05277	Chicken, canned, meat only, with broth	142	5 oz	234.30
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	234.27
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	233.75
11512	Sweetpotato, canned, vacuum pack	255	1 cup	232.05
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	232.05
18090	Cake, boston cream pie, commercially prepared	92	1 piece	231.84
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	231.54
18239	Croissants, butter	57	1 croissant	231.42
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	231.28
20033	Oat bran, raw	94	1 cup	231.24
13305	Beef, ground, lean, cooked, broiled, medium	85	3 oz	231.20
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	231.00
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	230.85
14310	Malted milk-flavor mix, natural, added nutrients, powder, prepared with milk	265	1 cup	230.55
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	229.68
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	229.68
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	229.62
18326	Pie, pumpkin, commercially prepared	109	1 piece	228.90

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19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	228.60
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	227.85
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	227.85
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	227.65
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	227.04
18151	Cookies, brownies, commercially prepared	56	1 brownie	226.80
14177	Chocolate-flavor beverage mix, powder, prepared with milk	266	1 cup	226.10
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	225.72
21077	Fast foods, frijoles with cheese	167	1 cup	225.45
14316	Malted milk-flavor mix, chocolate, added nutrients, powder, prepared with milk	265	1 cup	225.25
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	224.90
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	224.79
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	224.40
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	223.20
15041	Finfish, herring, Atlantic, pickled	85.05	3 oz	222.83
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	222.60
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	222.60
11674	Potatoes, baked, flesh and skin, without salt	202	1 potato	220.18
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	219.30
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	219.30
11658	Spinach souffle, home-prepared	136	1 cup	218.96
09277	Plantains, raw	179	1 medium	218.38
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	218.28
18367	Waffles, plain, prepared from recipe	75	1 waffle	218.25
22905	Beef stew, canned entree	232	1 cup	218.08
13298	Beef, ground, extra lean, cooked, broiled, medium	85	3 oz	217.60
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	217.60
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	217.56
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	216.75
20037	Rice, brown, long-grain, cooked	195	1 cup	216.45
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	216.30
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	216.20
19109	Candies, HERSHEY, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	215.88
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	215.66
11546	Tomato products, canned, paste, without salt added	262	1 cup	214.84
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	214.14
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	213.35

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08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	212.85
20110	Noodles, egg, cooked, enriched	160	1 cup	212.80
13348	Beef, cured, corned beef, canned	85.05	3 oz	212.63
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	212.40
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	211.68
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	211.20
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	211.20
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	211.12
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	210.80
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	210.70
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	209.00
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	208.86
19126	Candies, milk chocolate coated peanuts	40	10 pieces	207.60
01102	Milk, chocolate, fluid, commercial,	250	1 cup	207.50
11672	Potato pancakes, home-prepared	76	1 pancake	206.72
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	206.55
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	206.00
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	205.70
20045	Rice, white, long-grain, regular, cooked	158	1 cup	205.40
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	204.36
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	204.00
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	203.55
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	203.40
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	203.36
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	202.99
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	201.24
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	200.76
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	200.75
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	199.95
01097	Milk, canned, evaporated, nonfat	256	1 cup	199.68
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	199.52
20047	Rice, white, long-grain, parboiled, cooked, enriched	175	1 cup	199.50
22247	Macaroni and Cheese, canned entree	252	1 cup	199.08
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	198.12
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	197.87
20100	Macaroni, cooked, enriched	140	1 cup	197.40
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	197.40
18003	Bagels, egg	71	3-1/2" bagel	197.38
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	197.20

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10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	197.20
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	196.84
12142	Nuts, pecans	28.35	1 oz (20 halves)	195.90
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	195.60
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	195.25
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	194.65
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	194.65
15011	Finfish, catfish, channel, cooked, breaded and fried	85	3 oz	194.65
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	194.54
08220	Cereals ready-to-eat, QUAKER, QUAKER Low Fat 100% Natural Crispy Wholegrain Cereal with Raisins	50	1/2 cup	194.50
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	193.88
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	193.80
09020	Applesauce, canned, sweetened, without salt	255	1 cup	193.80
20006	Barley, pearled, cooked	157	1 cup	193.11
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	192.96
05306	Poultry food products, ground turkey, cooked	82	1 patty	192.70
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	190.96
08219	Cereals ready-to-eat, QUAKER, QUAKER Toasted Oatmeal Cereal, Honey Nut	49	1 cup	190.61
16073	Lima beans, large, mature seeds, canned	241	1 cup	190.39
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	189.55
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	50	1 cup	189.50
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	189.00
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	188.79
18023	Bread, cornbread, dry mix, prepared	60	1 piece	188.40
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	188.00
18134	Cake, sponge, prepared from recipe	63	1 piece	187.11
08319	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	187.00
09055	Blueberries, frozen, sweetened	230	1 cup	186.30
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	186.24
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	186.05
18243	Croutons, seasoned	40	1 cup	186.00
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	185.98
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	185.41
19090	Frozen desserts, ice cream, french vanilla, soft-serve	86	1/2 cup	184.90
19193	Desserts, puddings, rice, ready-to-eat	113.4	4 oz	184.84

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	184.80
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	184.45
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	184.32
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	184.07
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	183.60
15086	Finfish, salmon, sockeye, cooked, dry heat	85	3 oz	183.60
09294	Prune juice, canned	256	1 cup	181.76
05292	Turkey patties, breaded, battered, fried	64	1 patty	181.12
21051	Entrees, pizza with pepperoni	71	1 slice	181.05
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	181.04
15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	180.29
21088	Tostada with guacamole	130.5	1 tostada	180.09
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	180.00
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	179.35
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	179.35
07008	Bologna, beef and pork	56.7	2 slices	179.17
09278	Plantains, cooked	154	1 cup	178.64
14150	Carbonated beverage, orange	372	12 fl oz	178.56
19089	Frozen desserts, ice cream, vanilla, rich	74	1/2 cup	178.34
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	178.20
12120	Nuts, hazelnuts or filberts	28.35	1 oz	178.04
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	178.00
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	177.65
15088	Finfish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	176.90
20029	Couscous, cooked	157	1 cup	175.84
11399	Potato puffs, frozen, prepared	79	10 puffs	175.38
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	175.20
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	174.92
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	174.72
18279	Muffins, corn, commercially prepared	57	1 muffin	173.85
20125	Spaghetti, whole-wheat, cooked	140	1 cup	173.60
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	172.90
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, regular	51	1 cup	172.89
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	172.04
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	171.70
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	170.00
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	168.40
15119	Finfish, tuna, light, canned in oil, drained solids	85.05	3 oz	168.40

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15034	Finfish, haddock, cooked, dry heat	150	1 fillet	168.00
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	168.00
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	167.45
18353	Rolls, hard (includes kaiser)	57	1 roll	167.01
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	165.90
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	165.85
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	165.85
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	165.75
20089	Wild rice, cooked	164	1 cup	165.64
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	165.60
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	165.00
18041	Bread, pita, white, enriched	60	6-1/2" pita	165.00
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	165.00
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	164.71
15111	Finfish, swordfish, cooked, dry heat	106	1 piece	164.30
12061	Nuts, almonds	28.35	1 oz (24 nuts)	163.86
11510	Sweetpotato, cooked, boiled, without skin, without salt	156	1 potato	163.80
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	163.77
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	163.68
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	163.30
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	162.73
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	162.72
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	162.45
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	162.35
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	161.70
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	161.70
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	161.28
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	161.20
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	161.03
18280	Muffins, corn, dry mix, prepared	50	1 muffin	160.50
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	160.46
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	160.05
14142	Carbonated beverage, grape soda	372	12 fl oz	159.96
12104	Nuts, coconut meat, raw	45	1 piece	159.30
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	159.22
19116	Candies, marshmallows	50	1 cup	159.00
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	158.76
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	158.19
18274	Muffins, blueberry, commercially prepared	57	1 muffin	157.89

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	157.59
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	157.50
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	157.08
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	157.06
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	156.40
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	155.64
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	155.07
15027	Finfish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	155.04
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	154.70
20010	Buckwheat groats, roasted, cooked	168	1 cup	154.56
19041	Snacks, pork skins, plain	28.35	1 oz	154.51
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	154.33
18283	Muffins, oat bran	57	1 muffin	153.90
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	153.72
08131	Cereals, QUAKER, oatmeal, instant, maple and brown sugar, prepared with water	155	1 packet	153.45
19071	Candies, carob	28.35	1 oz	153.09
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	152.81
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	152.40
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	151.96
19411	Snacks, potato chips, plain, salted	28.35	1 oz	151.96
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	151.71
14157	Carbonated beverage, root beer	370	12 fl oz	151.70
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	151.70
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	151.20
20013	Bulgur, cooked	182	1 cup	151.06
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	150.88
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	150.86
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	150.54
19190	Desserts, puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	150.52
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	150.38
19183	Desserts, puddings, chocolate, ready-to-eat	113	4 oz	150.29
19123	Desserts, puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	149.94
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	149.40
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	148.85
01077	Milk, fluid, 3.25% milkfat	244	1 cup	148.84
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	148.59
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	148.27
19078	Baking chocolate, unsweetened, squares	28.35	1 square	147.99
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	147.99

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	147.20
19201	Desserts, puddings, vanilla, ready-to-eat	113	4 oz	146.90
21127	Fast foods, coleslaw	99	3/4 cup	146.52
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	146.16
14003	Alcoholic beverage, beer, regular	355	12 fl oz	145.55
08091	Cereals, corn grits, white, regular, quick, enriched, cooked with water, without salt	242	1 cup	145.20
08164	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, without salt	242	1 cup	145.20
11363	Potatoes, baked, flesh, without salt	156	1 potato	145.08
08121	Cereals, oats, regular and quick and instant, without fortified, cooked with water, without salt	234	1 cup	145.08
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	144.30
14242	Cranberry juice cocktail, bottled	253	8 fl oz	144.21
07023	Frankfurter, beef and pork	45	1 frank	144.00
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	143.85
15241	Finfish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	143.65
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	143.01
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	142.80
19270	Frozen desserts, ice cream, chocolate	66	1/2 cup	142.56
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	142.50
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	142.03
19056	Snacks, tortilla chips, plain	28.35	1 oz	142.03
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	141.95
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	141.90
07069	Salami, cooked, beef and pork	56.7	2 slices	141.75
07022	Frankfurter, beef	45	1 frank	141.75
16112	Miso	68.75	1 cup	141.63
19212	Desserts, puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	141.40
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	141.18
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	140.56
21049	Entrees, pizza with cheese	63	1 slice	140.49
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	140.00
18110	Cake, fruitcake, commercially prepared	43	1 piece	139.32
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	139.20
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	138.47
09040	Bananas, raw	150	1 cup	138.00
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	137.60
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	136.16
08143	Cereals, WHEATENA, cooked with water	243	1 cup	136.08
09176	Mangos, raw	207	1 mango	134.55
19218	Desserts, puddings, tapioca, ready-to-eat	113	4 oz	134.47

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11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	134.16
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	133.95
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	133.81
15141	Crustaceans, crab, blue, canned (crabmeat)	135	1 cup	133.65
19015	Snacks, granola bars, hard, plain	28.35	1 bar	133.53
19422	Snacks, potato chips, reduced fat	28.35	1 oz	133.53
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	133.45
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	133.03
19095	Frozen desserts, ice cream, vanilla	66	1/2 cup	132.66
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	132.60
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	131.88
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	131.83
15111	Finfish, swordfish, cooked, dry heat	85	3 oz	131.75
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	131.20
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	131.15
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	129.78
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	129.32
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PEANUT BUTTER PUFFS	30	3/4 cup	129.30
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	129.06
18088	Cake, angelfood, dry mix, prepared	50	1 piece	128.50
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	127.92
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	127.50
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	127.12
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	127.01
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	126.36
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	126.16
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	125.84
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	125.80
18268	French toast, frozen, ready-to-heat	59	1 slice	125.67
08125	Cereals, QUAKER, oatmeal, instant, with apples and cinnamon, prepared with water	149	1 packet	125.16
14341	Pineapple and orange juice drink, canned	250	8 fl oz	125.00
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	124.80
09223	Tangerine juice, canned, sweetened	249	1 cup	124.50
14136	Carbonated beverage, ginger ale	366	12 fl oz	124.44
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	124.41
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	124.20
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	124.00

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04582	Vegetable oil, canola	14	1 tbsp	123.76
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	123.25
18350	Rolls, hamburger or hotdog, plain	43	1 roll	122.98
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	122.91
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	122.40
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	122.40
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	122.40
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	122.00
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	121.28
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	120.49
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	120.30
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	120.28
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	120.22
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	120.22
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	120.22
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	120.22
04511	Oil, vegetable safflower, salad or cooking, oleic, (over 70%)	13.6	1 tbsp	120.22
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	120.22
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	120.15
14342	Rice beverage, IMAGINE FOODS, RICE DREAM, canned	245	1 cup	120.05
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	120.05
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	120.00
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	119.35
04053	Oil, olive, salad or cooking	13.5	1 tbsp	119.34
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	119.34
06909	Sauce, NESTLE, QUE BUENO Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	119.07
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	119.07
15037	Finfish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	119.00
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	118.80
09226	Papayas, raw	304	1 papaya	118.56
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	118.32
15084	Finfish, salmon, pink, canned, solids with bone and liquid	85	3 oz	118.15
15221	Finfish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	118.15
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	118.11
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	117.90
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	117.50
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	117.30
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	117.30
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	117.18

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Energy (Kcal) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	117.12
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	117.12
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	117.12
14267	Fruit punch drink, canned	248	8 fl oz	116.56
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	116.56
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	116.40
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	116.10
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	116.10
07024	Frankfurter, chicken	45	1 frank	115.65
09340	Pears, asian, raw	275	1 pear	115.50
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	115.50
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	115.50
04002	Lard	12.8	1 tbsp	115.46
19393	Frozen desserts, yogurt, chocolate, soft-serve	72	1/2 cup	115.20
09124	Grapefruit juice, canned, sweetened	250	1 cup	115.00
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	114.90
11364	Potatoes, baked, skin, without salt	58	1 skin	114.84
18027	Bread, egg	40	1/2" slice	114.80
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	114.70
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	114.66
19293	Frozen desserts, yogurt, vanilla, soft-serve	72	1/2 cup	114.48
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	114.30
01009	Cheese, cheddar	28.35	1 oz	114.25
09087	Dates, domestic, natural and dry	41.5	5 dates	114.13
11226	Jerusalem-artichokes, raw	150	1 cup	114.00
01007	Cheese, camembert	38	1 wedge	114.00
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	113.60
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	113.15
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	112.80
14277	Grape drink, canned	250	8 fl oz	112.50
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	112.50
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	112.32
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	112.05
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	111.98
18217	Crackers, matzo, plain	28.35	1 matzo	111.98
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	111.90
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	111.72
09206	Orange juice, raw	248	1 cup	111.60

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	111.60
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	110.46
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	110.10
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	109.80
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	109.62
09209	Orange juice, chilled, includes from concentrate	249	1 cup	109.56
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	109.50
08266	Cereals ready-to-eat, GENERAL MILLS, HONEY FROSTED WHEATIES	30	3/4 cup	109.50
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	109.44
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	109.12
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	109.02
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	108.90
15126	Finfish, tuna, white, canned in water, drained solids	85	3 oz	108.80
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	108.68
18120	Cake, pound, commercially prepared, butter	28	1 piece	108.64
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	108.60
09040	Bananas, raw	118	1 banana	108.56
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	108.46
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	107.38
09176	Mangos, raw	165	1 cup	107.25
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	107.19
01040	Cheese, swiss	28.35	1 oz	106.60
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	106.42
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	106.31
08077	Cereals ready-to-eat, GENERAL MILLS, TOTAL	30	3/4 cup	105.30
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	105.00
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	104.92
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	104.64
09207	Orange juice, canned, unsweetened	249	1 cup	104.58
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	104.43
01030	Cheese, muenster	28.35	1 oz	104.33
19108	Candies, jellybeans	28.35	10 large	104.04
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	104.00
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	103.80
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S CRUNCHBERRIES	26	3/4 cup	103.74
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	103.20
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	103.19
14194	Cocoa mix, without added nutrients, powder, prepared with water	206	1 serving	103.00
07065	Pork and beef sausage, fresh, cooked	26	2 links	102.96
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	102.85

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15071	Finfish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	102.85
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	102.60
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	102.48
14192	Cocoa mix, without added nutrients, powder	28.35	3 heaping tsp	102.34
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	102.24
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	102.20
19097	Frozen desserts, sherbet, orange	74	1/2 cup	102.12
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	102.06
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	101.99
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	101.96
01145	Butter, without salt	14.2	1 tbsp	101.81
01001	Butter, with salt	14.2	1 tbsp	101.81
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	101.38
09126	Grapefruit juice, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	101.27
01132	Egg, whole, cooked, scrambled	61	1 large	101.26
09291	Prunes, dried, uncooked	42	5 prunes	100.38
01004	Cheese, blue	28.35	1 oz	100.08
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	100.00
11547	Tomato products, canned, puree, without salt added	250	1 cup	100.00
07064	Pork sausage, fresh, cooked	27	1 patty	99.63
15077	Finfish, salmon, chinook, smoked	85.05	3 oz	99.51
01035	Cheese, provolone	28.35	1 oz	99.51
15029	Finfish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	99.45
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	99.20
14006	Alcoholic beverage, beer, light	354	12 fl oz	99.12
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	98.95
15121	Finfish, tuna, light, canned in water, drained solids	85	3 oz	98.60
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	98.00
09252	Pears, raw	166	1 pear	97.94
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	97.02
09094	Figs, dried, uncooked	38	2 figs	96.90
19013	Snacks, fruit leather, pieces	28.35	1 oz	96.67
09404	Grapefruit juice, pink, raw	247	1 cup	96.33
09128	Grapefruit juice, white, raw	247	1 cup	96.33
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	96.10
15067	Finfish, pollock, walleye, cooked, dry heat	85	3 oz	96.05
07064	Pork sausage, fresh, cooked	26	2 links	95.94
15034	Finfish, haddock, cooked, dry heat	85	3 oz	95.20
05286	Turkey and gravy, frozen	142	5-oz package	95.14
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	95.00

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16098	Peanut butter, smooth style, with salt	16	1 tbsp	94.88
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	94.83
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	94.69
11655	Carrot juice, canned	236	1 cup	94.40
16097	Peanut butter, chunk style, with salt	16	1 tbsp	94.24
09123	Grapefruit juice, canned, unsweetened	247	1 cup	93.86
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	93.60
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	93.42
09246	Peaches, dried, sulfured, uncooked	39	3 halves	93.21
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	93.00
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	92.99
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	92.40
19088	Frozen desserts, ice cream, light (50% of the fat), vanilla	66	1/2 cup	91.74
01128	Egg, whole, cooked, fried	46	1 large	91.54
09326	Watermelon, raw	286	1 wedge	91.52
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	91.08
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	90.95
07017	Chicken roll, light meat	56.7	2 slices	90.15
15017	Finfish, cod, Atlantic, canned, solids and liquid	85	3 oz	89.25
15192	Finfish, cod, Pacific, cooked, dry heat	85	3 oz	89.25
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	89.25
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	89.05
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	88.43
04133	Salad dressing, french, home recipe	14	1 tbsp	88.34
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	88.06
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	87.84
20034	Oat bran, cooked	219	1 cup	87.60
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	87.12
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	86.70
18133	Cake, sponge, commercially prepared	30	1 shortcake	86.70
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	86.70
01123	Egg, whole, raw, fresh	58	1 extra large	86.42
09081	Cranberry sauce, canned, sweetened	57	1 slice	86.07
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	86.03
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	85.75
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	85.40
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	85.10
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	84.92

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09200	Oranges, raw, all commercial varieties	180	1 cup	84.60
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	84.48
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	84.00
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	84.00
07072	Salami, dry or hard, pork, beef	20	2 slices	83.60
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	83.30
09032	Apricots, dried, sulfured, uncooked	35	10 halves	83.30
11424	Pumpkin, canned, without salt	245	1 cup	83.30
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	83.20
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	83.16
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	83.16
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	82.96
18060	Bread, rye	32	1 slice	82.88
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	82.84
11159	Coleslaw, home-prepared	120	1 cup	82.80
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	82.60
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	82.45
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	82.44
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	82.34
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	82.22
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	81.94
09003	Apples, raw, with skin	138	1 apple	81.42
09050	Blueberries, raw	145	1 cup	81.20
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	81.18
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	80.94
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	80.92
16120	Soy milk, fluid	245	1 cup	80.85
14309	Malted milk-flavor mix, natural, added nutrients, powder	21	4-5 heaping tsp	80.43
18044	Bread, pumpernickel	32	1 slice	80.00
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	79.95
18045	Bread, pumpernickel, toasted	29	1 slice	79.75
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	79.75
01026	Cheese, mozzarella, whole milk	28.35	1 oz	79.66
19173	Desserts, gelatins, dry mix, prepared with water	135	1/2 cup	79.65
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	79.38
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	79.24
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN	30	1/2 cup	79.20
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	78.08
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	78.08

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	78.08
18220	Crackers, melba toast, plain	20	4 pieces	78.00
09011	Apples, dried, sulfured, uncooked	32	5 rings	77.76
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	14.4	1 tbsp	77.76
01129	Egg, whole, cooked, hard-boiled	50	1 large	77.50
04539	Salad dressing, blue or roquefort cheese, commercial, regular, with salt	15.3	1 tbsp	77.11
18041	Bread, pita, white, enriched	28	4" pita	77.00
11581	Vegetables, mixed, canned, drained solids	163	1 cup	76.61
15027	Finfish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	76.16
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	76.14
09266	Pineapple, raw	155	1 cup	75.95
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	75.88
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	75.84
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	75.68
15232	Finfish, roughy, orange, cooked, dry heat	85	3 oz	75.65
04015	Salad dressing, russian, with salt	15.3	1 tbsp	75.58
14175	Chocolate-flavor beverage mix, powder	21.6	2-3 heaping tsp	75.38
14315	Malted milk-flavor mix, chocolate, added nutrients, powder	21	3 heaping tsp	75.18
09042	Blackberries, raw	144	1 cup	74.88
01019	Cheese, feta	28.35	1 oz	74.84
11081	Beets, cooked, boiled, drained	170	1 cup	74.80
19312	Pie fillings, canned, apple	74	1/8 of 21-oz can	74.74
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	74.71
01131	Egg, whole, cooked, poached	50	1 large	74.50
01123	Egg, whole, raw, fresh	50	1 large	74.50
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	74.28
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	74.16
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	73.72
01031	Cheese, neufchatel	28.35	1 oz	73.71
19014	Snacks, fruit leather, rolls	21	1 large	73.50
11549	Tomato products, canned, sauce	245	1 cup	73.50
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	73.20
09236	Peaches, raw	170	1 cup	73.10
18040	Bread, oatmeal, toasted	25	1 slice	73.00
18039	Bread, oatmeal	27	1 slice	72.63
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	72.60
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	72.52
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	72.45

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06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	72.30
18086	Cake, angelfood, commercially prepared	28	1 piece	72.24
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	71.70
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	71.55
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	71.40
18048	Bread, raisin, toasted, enriched	24	1 slice	71.28
18047	Bread, raisin, enriched	26	1 slice	71.24
18235	Crackers, whole-wheat	16	4 crackers	70.88
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	70.20
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	70.04
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	70.04
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	70.00
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	69.25
18075	Bread, whole-wheat, commercially prepared	28	1 slice	68.88
04114	Salad dressing, italian, commercial, regular, with salt	14.7	1 tbsp	68.65
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	68.50
18061	Bread, rye, toasted	24	1 slice	68.16
15067	Finfish, pollock, walleye, cooked, dry heat	60	1 fillet	67.80
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	67.20
04120	Salad dressing, french, commercial, regular, with salt	15.6	1 tbsp	67.08
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	66.75
09191	Nectarines, raw	136	1 nectarine	66.64
19348	Syrups, chocolate, fudge-type	19	1 tbsp	66.50
21139	Fast foods, potato, mashed	80	1/3 cup	66.40
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	66.30
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	66.08
01123	Egg, whole, raw, fresh	44	1 medium	65.56
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	65.28
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	65.25
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	65.10
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	65.00
18064	Bread, wheat (includes wheat berry)	25	1 slice	65.00
18025	Bread, cracked-wheat	25	1 slice	65.00
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	64.86
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	64.77
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	64.68
18177	Cookies, molasses	15	1 cookie, medium	64.50
18070	Bread, white, commercially prepared, toasted	22	1 slice	64.46
19296	Honey, strained or extracted	21	1 tbsp	63.84
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	63.22
19263	Frozen desserts, fruit and juice bars	77	1 bar (2.5 fl oz)	63.14

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15157	Mollusks, clam, mixed species, raw	85	3 oz	62.90
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	62.79
09004	Apples, raw, without skin	110	1 cup	62.70
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	62.37
19104	Candies, fudge, vanilla, with nuts, prepared-from-recipe	15	1 piece	62.25
18360	Taco shells, baked	13.3	1 medium	62.24
09200	Oranges, raw, all commercial varieties	131	1 orange	61.57
19281	Frozen desserts, ice, italian, restaurant-prepared	116	1/2 cup	61.48
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	61.35
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	61.20
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	60.84
11282	Onions, raw	160	1 cup	60.80
15058	Finfish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	60.50
09302	Raspberries, raw	123	1 cup	60.27
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	60.25
18229	Crackers, standard snack-type, regular	12	4 crackers	60.24
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	60.00
09184	Melons, honeydew, raw	170	1 cup	59.50
01125	Egg, yolk, raw, fresh	16.6	1 large	59.43
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	59.22
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	59.04
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	58.94
04017	Salad dressing, thousand island, commercial, regular, with salt	15.6	1 tbsp	58.81
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	58.59
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	58.03
19040	Snacks, popcorn, cheese-flavor	11	1 cup	57.86
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	57.72
19129	Syrups, table blends, pancake	20	1 tbsp	57.40
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	57.12
19350	Syrups, corn, light	20	1 tbsp	56.40
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	56.28
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	56.24
09181	Melons, cantaloupe, raw	160	1 cup	56.00
09184	Melons, honeydew, raw	160	1/8 melon	56.00
18170	Cookies, fig bars	16	1 cookie	55.68
19297	Jams and preserves	20	1 tbsp	55.60
19035	Snacks, popcorn, oil-popped	11	1 cup	55.00
09226	Papayas, raw	140	1 cup	54.60
18033	Bread, italian	20	1 slice	54.20
19300	Jellies	19	1 tbsp	53.77

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	53.20
01143	Egg substitute, liquid	62.75	1/4 cup	52.71
11084	Beets, canned, drained solids	170	1 cup	52.70
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	52.56
19353	Syrups, maple	20	1 tbsp	52.40
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	52.39
14181	Chocolate syrup, without added nutrients	18.75	1 tbsp	52.31
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	52.08
01053	Cream, fluid, heavy whipping	15	1 tbsp	51.75
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	51.66
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	51.52
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	51.52
09153	Lemon juice, canned or bottled	244	1 cup	51.24
09340	Pears, asian, raw	122	1 pear	51.24
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	51.20
01017	Cheese, cream	14.5	1 tbsp	50.61
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	50.40
18214	Crackers, cheese, regular	10	10 crackers	50.30
09038	Avocados, raw, California	28.35	1 oz	50.18
09316	Strawberries, raw	166	1 cup	49.80
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	49.40
11461	Spinach, canned, drained solids	214	1 cup	49.22
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	49.20
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	49.05
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	49.00
09070	Cherries, sweet, raw	68	10 cherries	48.96
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	48.80
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	48.68
09326	Watermelon, raw	152	1 cup	48.64
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	48.30
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	48.10
07027	Ham, chopped, not canned	21	2 slices	48.09
14390	Cocoa mix, with aspartame, prepared from item 14196	192	1 serving	48.00
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	47.85
14196	Cocoa mix, with aspartame, powder, without added calcium or phosphorus, with added sodium and vitamin A	15	1/2 oz envelope	47.85
18057	Bread, reduced-calorie, white	23	1 slice	47.61
11124	Carrots, raw	110	1 cup	47.30
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	47.20
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	47.04
06119	Gravy, chicken, canned	59.5	1/4 cup	47.01

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19305	Molasses, blackstrap	20	1 tbsp	47.00
13350	Beef, cured, dried beef	28.35	1 oz	46.78
18053	Bread, reduced-calorie, rye	23	1 slice	46.69
19164	Candies, HERSHEY, SPECIAL DARK Sweet Chocolate Bar	8.4	1 miniature	46.37
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	46.36
11578	Vegetable juice cocktail, canned	242	1 cup	45.98
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	45.60
18055	Bread, reduced-calorie, wheat	23	1 slice	45.54
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	45.30
11439	Sauerkraut, canned, solids and liquids	236	1 cup	44.84
07083	Vienna sausage, canned, beef and pork	16	1 sausage	44.64
01052	Cream, fluid, light whipping	15	1 tbsp	43.80
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	43.75
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	43.75
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	43.68
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	43.68
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	43.12
19283	Frozen desserts, ice pops	59	1 bar (2 fl oz)	42.48
09236	Peaches, raw	98	1 peach	42.14
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	42.12
09298	Raisins, seedless	14	1 packet	42.00
11282	Onions, raw	110	1 whole	41.80
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	41.40
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	41.36
11540	Tomato juice, canned, with salt added	243	1 cup	41.31
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	40.94
11821	Peppers, sweet, red, raw	149	1 cup	40.23
11333	Peppers, sweet, green, raw	149	1 cup	40.23
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	40.16
06174	Soup, stock, fish, home-prepared	233	1 cup	39.61
11205	Cucumber, with peel, raw	301	1 large	39.13
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	39.00
19127	Candies, milk chocolate coated raisins	10	10 pieces	39.00
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	38.94
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	38.88
09206	Orange juice, raw	86	juice from 1 orange	38.70
19074	Candies, caramels	10.1	1 piece	38.58
19036	Snacks, popcorn, cakes	10	1 cake	38.40
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	38.22
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	38.08
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	38.08
09254	Pears, canned, juice pack, solids and liquids	76	1 half	38.00

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18232	Crackers, wheat, regular	8	4 crackers	37.84
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	37.80
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	37.80
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	37.80
11264	Mushrooms, canned, drained solids	156	1 cup	37.44
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	36.96
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	36.90
18226	Crackers, rye, wafers, plain	11	1 wafer	36.74
11128	Carrots, canned, regular pack, drained solids	146	1 cup	36.50
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	36.40
09279	Plums, raw	66	1 plum	36.30
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	36.00
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	35.86
09060	Carambola, (starfruit), raw	108	1 cup	35.64
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	35.50
07073	Sandwich spread, pork, beef	15	1 tbsp	35.25
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	35.20
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	34.83
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	34.65
19141	Candies, M&M MARS, "M&M's" Plain Chocolate Candies	7	10 pieces	34.44
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	34.20
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	33.74
04130	Margarine, soft, unspecified oils, with salt added	4.7	1 tsp	33.65
11206	Cucumber, peeled, raw	280	1 large	33.60
19069	Candies, NESTLE, BUTTERFINGER Bar and Dessert Topping	7	1 fun size bar	33.60
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	33.39
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	33.00
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	32.76
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	32.24
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	32.22
11821	Peppers, sweet, red, raw	119	1 pepper	32.13
11333	Peppers, sweet, green, raw	119	1 pepper	32.13
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	32.00
09039	Avocados, raw, Florida	28.35	1 oz	31.75
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	31.20
19336	Sugars, powdered	8	1 tbsp	31.12
11124	Carrots, raw	72	1 carrot	30.96
06116	Gravy, beef, canned	58.25	1/4 cup	30.87
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	30.77
20027	Cornstarch	8.064	1 tbsp	30.72
19034	Snacks, popcorn, air-popped	8	1 cup	30.56

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06125	Gravy, turkey, canned	59.6	1/4 cup	30.40
09060	Carambola, (starfruit), raw	91	1 fruit	30.03
06121	Gravy, mushroom, canned	59.6	1/4 cup	29.80
19294	Fruit butters, apple	17	1 tbsp	29.41
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	29.25
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	28.92
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	28.80
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	28.52
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	28.20
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	27.72
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	27.19
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	27.06
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	27.00
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	27.00
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	27.00
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	26.68
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	26.04
04561	Margarine-like spread, approximately 60% fat, tub, unspecified oils	4.8	1 tsp	25.92
04526	Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated)	4.8	1 tsp	25.92
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	25.83
01056	Cream, sour, cultured	12	1 tbsp	25.68
09193	Olives, ripe, canned (small-extra large)	22	5 large	25.30
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	25.20
01094	Milk, buttermilk, dried	6.5	1 tbsp	25.16
04134	Salad dressing, home recipe, cooked	16	1 tbsp	25.12
11135	Cauliflower, raw	100	1 cup	25.00
11028	Bamboo shoots, canned, drained solids	131	1 cup	24.89
11090	Broccoli, raw	88	1 cup	24.64
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	24.60
04023	Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt	15.3	1 tbsp	24.33
09181	Melons, cantaloupe, raw	69	1/8 melon	24.15
19107	Candies, hard	6	1 piece	23.64
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	23.35
16158	Hummus, commercial	14	1 tbsp	23.24
04022	Salad dressing, russian, low calorie, with salt	16.3	1 tbsp	22.98
01032	Cheese, parmesan, grated	5	1 tbsp	22.80
11641	Squash, summer, all varieties, raw	113	1 cup	22.60
11081	Beets, cooked, boiled, drained	50	1 beet	22.00
04020	Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt	16.3	1 tbsp	21.84
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	21.36

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	21.19
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	21.00
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	20.65
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	20.40
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	20.40
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	20.25
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	19.80
11945	Pickle relish, sweet	15	1 tbsp	19.50
01049	Cream, fluid, half and half	15	1 tbsp	19.50
11143	Celery, raw	120	1 cup	19.20
11112	Cabbage, red, raw	70	1 cup	18.90
11114	Cabbage, savoy, raw	70	1 cup	18.90
11819	Peppers, hot chili, red, raw	45	1 pepper	18.00
11670	Peppers, hot chili, green, raw	45	1 pepper	18.00
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	17.85
16055	Carob flour	8	1 tbsp	17.76
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	17.64
11109	Cabbage, raw	70	1 cup	17.50
11260	Mushrooms, raw	70	1 cup	17.50
11284	Onions, dehydrated flakes	5	1 tbsp	17.45
09150	Lemons, raw, without peel	58	1 lemon	16.82
09021	Apricots, raw	35	1 apricot	16.80
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	16.80
01124	Egg, white, raw, fresh	33.4	1 large	16.70
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	16.66
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	16.56
19335	Sugars, granulated	4.2	1 tsp	16.25
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	16.21
04021	Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt	15	1 tbsp	15.75
11935	Catsup	15	1 tbsp	15.60
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	15.12
01186	Cheese, cream, fat free	15.6	1 tbsp	14.98
11012	Asparagus, cooked, boiled, drained	60	4 spears	14.40
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	14.28
11206	Cucumber, peeled, raw	119	1 cup	14.28
11015	Asparagus, canned, drained solids	72	4 spears	13.68
11205	Cucumber, with peel, raw	104	1 cup	13.52
01073	Dessert topping, semi solid, frozen	4	1 tbsp	12.72
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	12.42
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	12.37
02050	Vanilla extract	4.2	1 tsp	12.10

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19334	Sugars, brown	3.2	1 tsp	12.03
19107	Candies, hard	3	1 small piece	11.82
06150	Sauce, barbecue sauce	15.75	1 tbsp	11.81
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	11.80
09152	Lemon juice, raw	47	juice of 1 lemon	11.75
11937	Pickles, cucumber, dill	65	1 pickle	11.70
01069	Cream substitute, powdered	2	1 tsp	10.92
11954	Tomatillos, raw	34	1 medium	10.88
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	10.66
01072	Dessert topping, pressurized	4	1 tbsp	10.56
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	10.36
09160	Lime juice, raw	38	juice of 1 lime	10.26
11253	Lettuce, looseleaf, raw	56	1 cup	10.08
11001	Alfalfa seeds, sprouted, raw	33	1 cup	9.57
02020	Spices, garlic powder	2.8	1 tsp	9.30
11961	Hearts of palm, canned	33	1 piece	9.24
11090	Broccoli, raw	31	1 spear	8.68
11213	Endive, raw	50	1 cup	8.50
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	8.48
19176	Desserts, gelatins, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	8.19
02009	Spices, chili powder	2.6	1 tsp	8.16
02007	Spices, celery seed	2	1 tsp	7.84
11251	Lettuce, cos or romaine, raw	56	1 cup	7.84
18373	Leavening agents, cream of tartar	3	1 tsp	7.74
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	7.71
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	7.56
11084	Beets, canned, drained solids	24	1 beet	7.44
02026	Spices, onion powder	2.1	1 tsp	7.29
11677	Shallots, raw	10	1 tbsp	7.20
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	7.02
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	6.75
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	6.60
11457	Spinach, raw	30	1 cup	6.60
02015	Spices, curry powder	2	1 tsp	6.50
11143	Celery, raw	40	1 stalk	6.40
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	6.39
11935	Catsup	6	1 packet	6.24
02028	Spices, paprika	2.1	1 tsp	6.07
02010	Spices, cinnamon, ground	2.3	1 tsp	6.00
09316	Strawberries, raw	18	1 strawberry	5.40
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	5.40

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02030	Spices, pepper, black	2.1	1 tsp	5.36
11282	Onions, raw	14	1 slice	5.32
11955	Tomatoes, sun-dried	2	1 piece	5.16
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	4.85
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	4.80
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	4.74
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	4.74
02027	Spices, oregano, ground	1.5	1 tsp	4.59
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	4.48
11215	Garlic, raw	3	1 clove	4.47
11445	Seaweed, kelp, raw	10	2 tbsp	4.30
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	4.20
11960	Carrots, baby, raw	10	1 medium	3.80
11297	Parsley, raw	10	10 sprigs	3.60
09316	Strawberries, raw	12	1 strawberry	3.60
02029	Spices, parsley, dried	1.3	1 tbsp	3.59
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	3.58
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	3.57
14209	Coffee, brewed, prepared with tap water	178	6 fl oz	3.56
14416	Carbonated beverage, low calorie, cola, with aspartame, contains caffeine	355	12 fl oz	3.55
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	3.30
11135	Cauliflower, raw	13	1 floweret	3.25
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	3.23
09153	Lemon juice, canned or bottled	15.2	1 tbsp	3.19
11740	Broccoli, flower clusters, raw	11	1 floweret	3.08
11943	Pimento, canned	12	1 tbsp	2.76
11333	Peppers, sweet, green, raw	10	1 ring	2.70
11667	Seaweed, spirulina, dried	0.93	1 tbsp	2.70
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	2.44
02055	Horseradish, prepared	5	1 tsp	2.40
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	2.37
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	2.35
11457	Spinach, raw	10	1 leaf	2.20
02048	Vinegar, cider	15	1 tbsp	2.10
11253	Lettuce, looseleaf, raw	10	1 leaf	1.80
14545	Tea, herb, chamomile, brewed	178	6 fl oz	1.78
14355	Tea, brewed, prepared with tap water	178	6 fl oz	1.78
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	1.78
11251	Lettuce, cos or romaine, raw	10	1 leaf	1.40
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.98

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Energy (Kcal) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.96
11156	Chives, raw	3	1 tbsp	0.90
11429	Radishes, raw	4.5	1 radish	0.90
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.52
02045	Spices, dill weed, fresh	1	5 sprigs	0.43
14121	Carbonated beverage, club soda	355	12 fl oz	0.00
18372	Leavening agents, baking soda	4.6	1 tsp	0.00
14143	Carbonated beverage, low calorie, other than cola or pepper, with aspartame, without caffeine	355	12 fl oz	0.00
02047	Salt, table	6	1 tsp	0.00
14429	Water, municipal	237	8 fl oz	0.00